



Volume 1, Issue 7 December 2022

My Employee is Sick, What Do I Do?

It is important that food establishments have a process in place to address when an employee calls in or shows up sick to work.

One of the most common and easily spread food borne illnesses in the United States is norovirus. The symptoms of norovirus are vomiting and diarrhea. Preventing the spread of norovirus includes not having ill employees work and when they are allowed to return to work strict handwashing and glove use processes must be followed.

Employees must report to the Person in Charge (PIC) if they experience the following symptoms or conditions:

- Vomiting
- Nausea
- Diarrhea
- Sore Throat with a fever
- Open wound or unbandaged sores

- Jaundice (yellowing of the eyes and/or skin)

The FDA Food Code requires employees be restricted or excluded if they have been diagnosed with the illnesses listed below:

- Norovirus
- Hepatitis A
- *Shigella* spp
- *E. Coli* (shiga toxin producing)
- Typhoid fever (*salmonella typhi*)
- Non-typhoidal *Salmonella*

We recommend your establishment have a process in place to exclude or restrict affected employees from work. MCHD has forms available to guide you and your employees on our website at <https://health.mcleancountyil.gov/79/Forms-Fees-Ordinances>. The purpose of these forms is to inform your employ-

ees of the requirement to report illnesses or symptoms to prevent foodborne illnesses.

If an employee exhibits signs of illness or reports an illness to you, please feel free to contact our department to speak with your inspector or our communicable disease section.

Submitted by:
David Mayes & Alan Leger



Preventing Cross Contamination During Food Preparation and Handling

There are three main types of cross contamination: people to food, food to food, and equipment to food.

Handwashing and glove usage are vital in preventing people to food cross contamination and foodborne illness. Your staff and you must properly wash hands immediately upon entering a kitchen, bar, or wait station.

When must hands be washed?

- A double wash is required after visiting the toilet room, wash hands in toilet room and again when returning to the food areas, before putting on gloves,
- when switching from raw to ready-to-eat foods,
- before handling clean dishes and

utensils,

- after taking out the trash,
- after touching face/hair.

Sometimes people confuse the phrases cross contamination and cross contact. Cross contamination prevention is about preventing food borne illnesses such as Salmonella, Hepatitis, or Norovirus.

Cross contact is about protecting your customers that may have a sensitivity or allergy to a food item, such as nuts or gluten. Hand washing and glove use as well as cleaning food contact surfaces between uses are controls you can use to prevent cross contamination and cross contact.

Illinois passed a law banning the use of latex gloves. Beginning January 1, 2023, food service establishments may not use latex gloves to prepare and handle food. If an establishment has no alternative source of gloves on-site and latex gloves must be used, a sign shall be displayed at the point of order/purchase notifying the public.

Submitted By:
Jared Johnson
Samantha Odenthal
Xavier Braboy

Quiz Answers: (1) c. (2) e. (3) b. (4) a.

Labeling RTE and TCS Food for Storage: Cool Down and 7 Day Rule

Temperature control for safety (TCS) foods are required to be cooled from 140° F to 41° F or less within 6 hours. TCS foods have 2 hours to cool from 140° F to 70° F, and 4 hours remain to cool from 70° F to 41° F. The best way to confirm you are meeting the cool down parameters is to properly label the food. A written cool down log is a management tool to verify your process.

Food found between 140° F and 41° F without written verification may be discarded.

The hold time for refrigerated un-packaged ready to eat (RTE) TCS food is 7 days. This rule was put in place to control *Listeria monocytogenes*. Cold temperatures slow the growth but will not eliminate *Listeria*.

The labeling of RTE TCS foods is an inexpensive control you can use to reduce the risk of a food borne illness. Certain RTE TCS foods may be exempt-

ed from the 7 day hold time. Ask your inspector about exemptions.

Your facility can choose the labeling method that works best for you. The label must include the date of opening or preparation (Day 1) or the date of discard (Day 7). For example, a newly opened can of cheese sauce or a roast cooked on June 1 would be discarded on June 7. Your label could have either June 1 or June 7 as the date. We recommend you choose one method, date of preparation or date of discard, to provide consistency for your staff.

If your inspector finds unlabeled food and is unable to determine how long the food has been stored, the food code states the product shall be discarded.

Submitted By:
Cathy Stone
Scott Cook

Your Food Safety Plan

Centers for Disease Control and Prevention (CDC) considers Active Managerial Control to be key to preventing food borne illness. An Active Managerial Control program at a food establishment should include internal food safety procedures specific to your establishment, training for staff, and monitoring staff to confirm food safety procedures are being followed. All training certifications must be from an American National Standards Institute (ANSI) accredited course.

Certified Food Protection Manager (CFPM) certification and Food Handler certification are required and are a first step in training staff. Ongoing training specific to your establishment should be implemented to teach and reinforce food safety requirements at your establishment. Monitoring of staff will ensure that your standards for food safety are met.

Food workers must have a food safety certification, either CFPM or Food Han-

dlar. Food establishments must have a Person In Charge (PIC) on site at all times. Establishments categorized as High or Medium Risk must have a PIC that has the CFPM when food is being prepared or served.

CFPMs must have allergen awareness training. Allergen awareness is covered in some CFPM courses.

You can schedule with us to have other food safety training at your establishment for free, conducted by MCHD staff. The focus of the training will be on common food safety practices, such as employee health, hand washing and glove use requirements. We can address topics specific to your operation, such as cool down or reheating procedures based on your processes.

Submitted By:
Linda Foutch
Angie Crawford

Quiz Time

1. What is an effective way to prevent a Norovirus outbreak in your establishment?
 - a. Allow an ill employee to work, but wash hands frequently.
 - b. Assign the employee to a different job task while ill.
 - c. Exclude the employee from work while ill and require following strict handwashing and glove use when allowed to return to work.
 - d. Exclude the employee from work until they get a doctor's note to return.
 - e. All of the above.
2. What methods can be used to prevent cross contamination or cross contact?
 - a. Handwashing.
 - b. Use non-latex gloves in the establishment
 - c. Double hand wash
 - d. Clean food contact surfaces between uses.
 - e. All of the above.
3. What is the best management tool to assure TCS foods are cooled from 140°F to 41°F in an adequate time and prevent discarded food?
 - a. Take the word of your employees
 - b. Require employees to document time and food temperatures in a written log.
 - c. Create a written procedure.
 - d. Cool all TCS foods in the freezer.
 - e. All of the above.
4. Which group of activities best describes "Active Managerial Control"?
 - a. Food safety procedures, staff training, staff monitoring, CFPM on staff, PIC on duty.
 - b. Manage by walking around, controlling employees, working POS station, keeping informed on all operations,
 - c. Staff monitoring, customer satisfaction, company investment, scheduling staff, prompt response.
 - d. In depth research, market forecasting, expertise, shifting political landscape, timing.
 - e. All of the above.



McLean County Health Department
Environmental Health Division
200 West Front Street, Rm. 204
Bloomington, IL 61701

Phone: (309) 888-5482
Fax: (309) 888-5506

<http://health.mcleancountyil.gov>